



# The Neebing News

Volume Fifteen, Number Eight

August 2020



## EMERGENCY TEXT ALERT SERVICE

### For Neebing Residents

Sign up for Neebing's Emergency Text Alert Service! This text alert service is used to notify our residents **via text message** of immediate dangers or emergencies occurring in our community such as evacuations, road closures, forest fires and other hazards. Sign up is free!

You must have a smartphone equipped to receive text messages to sign up for this service as it does not work on land lines. Sign up at [neebing.org/textalerts](http://neebing.org/textalerts) or send us your name, Neebing address, and your text-enabled cell phone number including area code to [neebing@neebing.org](mailto:neebing@neebing.org) or call us at 474-5331. Your personal information is kept strictly confidential. If you have any questions, please feel free to contact us at [www.neebing.org/contact](http://www.neebing.org/contact).



## Modified Slate River Plowing Match Set for September 12!

The Rural Heritage Agricultural Society will host the 88th Annual Slate River Plowing Match on Saturday, September 12. With Covid-19 regulations and safety in mind, the match will be by invitation only with no spectators. Most of the other usual event activities for Rural Heritage Days such as demonstrations and vendors are not scheduled to take place. Antique tractors will not be on display but plans are underway to do an antique tractor "drive-by" so the tractors may come to you; *watch for details about this event in September Oliver Paipoonge News.*

We take our current situation with Covid very seriously and anticipate your co-operation and understanding as we move forward. Hopefully, a full version of Rural Heritage Days can return in 2021. *Photo credit: Susan McRury*

*Submitted by Tom Loghrin, Vice President, RHAS  
tomlo@tbaytel.net*



*Allen Barrie ploughing to win his second Grand Championship in 2019*



*Willard Coderre's 1952 Cockshutt 20, best restored antique tractor in 2019.*

**SUMMER LANDFILL HOURS**  
 Starting April 1, 2020, the Sandhill and Scoble Landfill hours will be as follows:  
 Saturdays from 9:00 am to 5:00 pm  
 Wednesdays & Sundays from 4:00 pm- 8:00 pm



**Some Summer Fun We CAN Attend Safely!!**

**Drive-In Movies in Neebing!**

*Interstellar Outdoor Cinemas*

*Cloud Lake Road off Highway 61*



## Dirt Road Dust Suppression

Reducing dust on municipal gravel roads is good for people who travel the roads, and for residents who live along the road. Reducing dust also helps maintain the road surface by keeping fine gravel from blowing away. Liquid calcium chloride salt is used for long-term dust control. Calcium chloride is the same type of salt that is used in household water softener systems.

Municipal staff do not keep a supply of calcium salt on-hand. When the municipality arranges for the application of liquid calcium to gravel roads, they order it by the truckload, and pay for it to be applied to the road surface.

The best time to apply calcium is when a road is damp, with a slow soaking rainfall providing the best condition for the application of calcium salt. Rainfall from brief intense storms tends to run off the road surface quickly, and water does not soak into the road in the same way as a longer duration rain-shower does. Unfortunately, rainfall does not follow a schedule.

Prior to spreading calcium, the road surface should be graded and free of potholes. But freshly graded roads are dustier than non-graded roads, so there are times the Municipality receives dust complaints when the road surface is being prepared for the application of calcium salt.

Liquid calcium road salt is expensive, and costs about \$1,000 per kilometer of road. Some roads that have a very low traffic count may not have calcium treatment, and other may have treatment applied every few years as required, rather than every year.

In an ideal world, calcium dust suppression treatment would be able to be applied whenever and whenever it is required. The municipality does its best to ensure as many of the roads are treated as possible.

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|----------------------|--|---|
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|                      |  |   |



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CONSERVATION AUTHORITY

[www.lakeheadca.com](http://www.lakeheadca.com)

@lakeheadregion /   

## RURAL CUPBOARD FOOD BANK

*Neighbours Helping Neighbours*

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We sincerely thank all those that continue  
to support us during COVID-19.

Your donations enable the food bank  
to remain open

Next Food Bank

Wednesday, August 19th

Registration 9 am to 11 am

## Neebing Municipal Services Modifications

Updated July 17, 2020

### OPENINGS:

- All Municipality of Neebing parks and recreation facilities including boat launches, washrooms, gazebos, picnic tables, benches, BMX park and children's playgrounds are open. For your own safety, physical distancing of 2 metres or 6 feet must be maintained. These areas and their related equipment **ARE NOT SANITIZED. You are using the amenities at your own risk.** Bring your own hand sanitizer and disinfecting wipes.

### CLOSURES:

- Municipal buildings that remain closed to the public include the Municipal Office, Public Works, Fire Halls and the Good Neighbour Sheds at the landfill sites. We continue to work on having appropriate safety measures in place for both staff and the public before these buildings will reopen.

### GENERAL SERVICE NOTICES:

#### LANDFILL AND RECYCLING:

- Both the Scoble and Sand Hill Landfills are open and running regular summer hours - Wednesdays and Sunday 4 pm – 8 pm and Saturdays 9 am – 5 pm.
- For household garbage bag tags, you can collect your tags at the landfill sites during regular hours of operation. You **MUST** present photo ID (driver's licence) to the attendant in order to receive your tags. If you are a seasonal property owner, bring your tax bill to show proof of property ownership as your ID will not indicate a Neebing address.
- Loads of debris and waste requiring a tipping fee waybill will be recorded at the landfill and invoiced through the Municipal Office.
- The Good Neighbour Sheds remain **closed** to the public.

#### BUILDING PERMITS AND INSPECTIONS:

- Building permit applications will continue to be accepted, reviewed and approved to facilitate all types of construction.
- Building inspections will continue for all permitted construction projects.
- Please contact our Chief Building Official, Ken Yanishewski to arrange for an appointment to discuss to your building project.

#### PROPERTY TAX PAYMENTS:

- Property tax payments can be made using internet banking, by dropping a cheque, money order or bank draft in the mail or in the secure mailbox at the office located in the entrance alcove or through Paymentus by credit card. Visit our website [www.neebing.org/taxes](http://www.neebing.org/taxes) for additional payment details.
- We are currently unable to accept cash and debit payments as our office remains closed.

#### COUNCIL MEETINGS:

- Council meetings continue to be held electronically via teleconference on regular council dates. Visit [www.neebing.org/events](http://www.neebing.org/events) for public attendance details, schedules and documentation relating to meetings.

We sincerely thank our residents for their patience and understanding during this challenging time. Visit <https://subscribe.neebing.org/subscribe> and sign up to receive notice of service changes, news and municipal events as they are posted.



Posted by

The Corporation of the Municipality of Neebing  
4766 Highway 61 - Neebing, ON - P7L 0B5  
(807) 474-5331





## Lakehead Region Conservation Authority

submitted by LRCA Staff

The LRCA has updated the Shoreline Condition Statement for the Lake Superior shoreline within its Area of Jurisdiction, due to continued high water levels that remain well above average.

The beginning of July water level was 12 centimetres below last year's record high, 24 centimetres above its beginning of July average (1918-2019), and the 9th highest beginning of July level on record.

The current water level is approximately 49 centimetres lower than the 100-year flood level for Lake Superior. Lake Superior water

levels fluctuate seasonally, therefore as expected, levels will continue to increase into the summer. Water levels on Lake Superior are expected to remain above average for a prolonged period of time, continuing a heightened risk of shoreline flooding, beach submersion and wave driven erosion along some reaches of the shoreline.

The LRCA is planning on conducting some Living Classroom workshops during the months of September, October and November, provided we can do so safely. Keep an eye on our website at [www.lakeheadca.com](http://www.lakeheadca.com) for up-to-date information on topics, dates and times. Pre-registration will be required, and space will be extremely limited.

If you do plan on visiting a Conservation Area this summer, you must comply with physical distancing practices; Provincial orders surrounding acceptable group sizes must also be adhered to.

While visiting, all pets must be on-leash at all times and picked up after, please remove all of your own garbage as our garbage removal process is currently overwhelmed and remember that campfires and overnight camping are prohibited. Don't forget your \$2.00 parking fee; it is most appreciated now more than ever, and coin box and Explore Card Parking Pass revenue goes directly to Conservation Area maintenance and upkeep.

The LRCA appreciates your continued support and understanding as we continue to navigate through the challenges and frustrations posed by the COVID-19 pandemic, and we look forward to your continued cooperation.



## Beyond Books: Smiles and More

submitted by Beverly Ball on behalf of the Oliver Paipooonge Library Board

It has been many months since rural residents have been able to loan books and other material from the Library due to the COVID-19 closure in March. As of July 7th, rural residents are now able to take out books and DVDs at the Rosslyn and Murillo Libraries. Both Libraries are providing curbside pick up: **Rosslyn – Tuesdays, from 2 p.m. to 7 p.m.** and **Murillo – Wednesdays, from 2 p.m. to 7 p.m.** See the Library website or facebook page for changes to hours, how to put a book on hold, what items are available for loan, and any other information you may need regarding how to access curbside service.

There are new best selling ebooks, books, and DVDs being added to the collection on a regular basis. The Library works directly with residents through feedback and suggestions so that we can make sure that you are able to get the items you are looking for.

As a reminder, if you have any Library items at home that are overdue and you are not sure if you could return them, please return them to the book drop so that others may enjoy them. **You will not be charged a fine for late returns during this time.**

The Library is still accepting donations of used books in good condition. Newer books may be put on the shelves as part of the collection or may be given to residents as part of an outreach program for residents who are unable to travel to the Library. Please call the Library to see if your books are suitable for donation. Books can be dropped off at the Libraries and will be quarantined for 72 hours before they are available for other residents.

If you have any questions you can email [oplibrary@tbaytel.net](mailto:oplibrary@tbaytel.net) or phone either Library (Murillo Library 935-2729 or Rosslyn Library 939-2312).

**Should you have any symptoms associated with the COVID-19 virus, please refrain from using the Library services at this time.**



The curbside service at both Libraries has been quite active. Here, Margaret Doggitt, Library member and rural resident picked up her curbside order at Rosslyn Library. Margaret was all smiles as she was able to pick up a variety of great books.



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# Neebing Emergency Services

by Dale Ashbee, Fire Chief, Neebing



## The Summer of 2020 - 'Sunshine, Lollipops and ... a Good Dose of the Unexpected'!

I hesitate as I write this month's piece - the word August, unfortunately, signals that summer is now on the downside. However, we still have a month (and usually more) to enjoy 'summer activities' while also appreciating the fruits (and veggies, and flowers,) of a Neebing summer. As many have noted, it's been a 'real' summer - with hot, sunny days. Recently, we have welcomed some rainy episodes, which delighted eager gardeners and helped to significantly lower the wildfire threat in our area. To those who picked up Canna lilies at the office these past few weeks, they should grow well with the heat and moisture, and will hopefully add a tropic-like flair to your garden.

As we move through August, and the remainder of what has been an excellent summer, it is important to remember that both personal and fire **safety** need to be kept in mind and addressed. The following tips will help you to enjoy these last weeks of "summer fun" safely:

- If you are on (or close to) the water, lifejackets or PFDs are an absolute must;
- Never leave 'little (or non-) swimmers' unattended in the pool or lake;
- If you are cooking on the BBQ, it is wise to ensure that you have a spray bottle of plain water nearby to knock down unexpected flare-ups. If this spray-application fails, close the lid, turn off the heat, and, if necessary, think about what other options you might have to replace your incinerated supper;
- Be aware that while you are using the BBQ, loose clothing (such as large sleeves or flowy/flimsy fabrics) can easily ignite if it gets too close to the heat/flame. If, unfortunately, you do receive a burn, cool the burn area immediately with cool water or, if available, a wrapped ice pack. Rapid cooling of a burn helps to reduce possible tissue damage, and to ease some of the injury pain;
- If you are outside when a thunderstorm begins, take cover indoors. Although lightening can be 'electrifying' (pun intended) to watch, all that energy can prove to be

deadly if you (or objects near you) get struck by a bolt of lightening;

- Be advised that trees that fall on hydro lines (which is frequently known to occur during high-wind conditions) can result in both a subsequent fire, and an electrocution threat to your safety. Keep yourself and others away from the area of downed tree(s) and any impacted hydro wires, and call 911 to report the incident;
- Drink plenty of fluids on hot days, especially if you are active/working outside. As well as taking in water liquid, you would be wise to replenish electrolytes which are lost from your body through excessive sweating (which can result in dehydration) by including juices or other electrolyte-drinks;
- Don't forget to apply sunscreen when you plan to be busy outside. Preventive sunscreen application will help to protect your skin from damaging UV rays, while still allowing you to enjoy the warmth and comfort of the summer sun. Frequent re-applications are needed if you are swimming or sweating excessively; and

Finally, as we move through our first COVID 19 summer, it is important to remember to continue to adhere to the "COVID protection habits" that appear to have wisely been adopted by Neebing residents, and to have helped to keep everyone safe over the past five (5) months!

- **Wash** or **Sanitize** your hands frequently,
- Maintain **Social Distancing** when you are making contact with others outside of your family 'bubble',
- **Stay at Home** when possible. This is still the surest way of minimizing the potential for contracting COVID 19. However, during the "reopening" stage of public activity, as we begin to return to many normal activities that require contact with people outside our safety 'bubble', we are encouraged to **wear a non-surgical mask** to help minimize the potential spread of COVID 19.

It has become apparent over recent months that, unlike routine colds and flu, COVID 19 does not disappear in summer weather. The virus is relatively quickly and easily spread - from an infected host (even if that host is asymptomatic) to an uninfected person, who can then become ill, and infect others.

*Now, before it's gone, get out and enjoy the rest of our fabulous 2020 Neebing summer! Stay Safe, Stay Well and Stay Protected*



### Recycling Sorting Guide

**YES PAPER** (acceptable items)

- Fine papers
- Newspaper/flyers
- Catalogues
- Envelopes
- Soft cover books
- Junk mail
- All writing paper
- Corrugated cardboard
- Boxboard (i.e. cereal boxes)
- Clean pizza boxes

**YES CONTAINERS** (acceptable items)

- #1 Plastic bottles with small neck and twist off tops only (i.e.: pop bottles, water bottles)
- #2 Plastic bottles with small neck and twist off tops only (i.e.: shampoo, dish soap)
- Milk cartons/Gable top containers
- Juice containers (Tetra Paks)
- Empty, uncrushed beverage cans
- Clean, uncrushed steel food cans

**NO GARBAGE** (non-recyclable items to be placed in household garbage)

- #3-7 Plastics and other plastics without a number
- #1 and #2 Plastic containers that are NOT a bottle type with a small neck and twist off top (i.e. margarine, sour cream types with flat lids, clam shells from deli and fruit and veggie trays)
- Bubble Wrap / Styrofoam
- Plastic Pails / Kids toys
- Waxed cardboard such as soap boxes/ coffee cups
- No metals other than food and beverage containers
- Hard Cover Books / Carbon Paper
- Wallpaper / Blueprints / Wrapping paper

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**SLATE RIVER  
BAPTIST CHURCH**

As we begin to transition back to indoor Sunday Family Worship Services we encourage you to follow our Facebook Page or Website for information. Sunday sermons and messages will continue to be available on-line as well.

If you have any questions please contact us:  
Pastor Rob Cain  
475-5140 or email  
slateriverbaptistchurch2@gmail.com



**NEW AT THE LANDFILLS:** Beginning July 4, 2020, battery recycling is being offered at both landfill sites. Bring in your household batteries for proper disposal. Accepted batteries include AA, AAA, C, D, 6 & 9-volt, watch & cellphone batteries.

# Helpful Information From Neebing's Emergency Services -Covid 19

**WHAT IS COVID-19?**

- COVID19 is a newly active virus that is highly contagious
- COVID19 most commonly spread by saliva droplets from close human contacts
- Droplets can also survive on surfaces for up to several days and spread through unprotected contact of contaminated surfaces
- COVID symptoms - similar to cold or flu, its trademark symptoms include, persistent fever, dry cough and breathing discomfort
- There are currently no medicines or vaccines on the market to alleviate or kill the virus once you are infected
- The incubation period for the virus is up to 14 days

**REMINDERS:**

- COVID 19 is now a global virus and may be present in any community including Neebing.
- COVID is a short-lived illness in a person - only a small percentage of people get seriously ill, requiring hospitalization.
- Like with a cold or flu the majority of people will have symptoms for a short period of time and return to normal with no outward signs of having been ill.
- There is some evidence that the virus can be spread by people who do not yet show signs of being ill so it is prudent that we keep our distance from others and protect ourselves.

**STAYING SAFE:**

- Social Distancing – maintaining minimum distance from other people of six (6) feet
- Staying at Home – minimize all direct contact with those outside your 'home family' (living under one roof) to essential activities such as obtaining food or medicines
- Minimize Movements - to essential activities including obtaining food or medicines
- Self Isolation - if you have travelled outside your home region, believe you have had contact with a person who may have COVID 19 or you feel sick.

**REDUCE YOUR RISK FOR COVID:**

- Hand Hygiene – wash your hands carefully and frequently. Substitute sanitizer where soap and water not available.
- Don't Touch Your Face – the virus can be spread by contact from hand contact with a contaminated surface to your body through contact with mouth, nose or eyes
- Decontamination of External Items – consider decontamination of items purchased or brought into the home from external sources. This can range from leaving them in the garage for several days to with groceries, washing them down between the car and entering the house.

If you wear gloves, mask or eye protection to increase your protection while conducting 'external' activities remember that you must consider the gear as contaminated and clean it when you change location or activities.

**STAY HOME ... STAY SAFE**

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**Clayton Hanmer**  
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**John Corr**  
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**Kevin Sylvester**  
Basketballology





**NEEBING FIRE AND RESCUE ASSOCIATION**  
**NFRA NEWS**

*Respectfully submitted: Carole Aitken, President NFRA*

**Fill the Fire Hose**

Our fund raiser, "Fill the Fire Hose", is doing extremely well. We have raised over \$35,000 to date and now have paid for the new Back-up Camera and the Automatic Tire Chains in addition to the previous items. In the past month we received \$5669.48 in donations. Thanks to Randi and Kerry Monteith, Val and David Millard, Nancy and Ron Perozzo, Lorraine and David Rose, David and Arley Gibbons, Rodney and Marilyn Gottfried, Joy Harris, Marlene Osipenko in memory of Chris, Darrell and Joan Miller, Mink Mountain Resort, Ruth and Fred Alexander, Bev Dale, and several anonymous donors.

We hope to reach our goal of \$47,000 this fall in order to fund all the requests from Neebing Emergency Services for the necessary equipment for the new Pumper Fire Truck. Donations can be mailed to:

Neebing Fire and Rescue Association  
 C/O Municipal Office  
 4766 Hwy. #61 Neebing, ON. P7B 0B5

Or online to [www.neebingfirerescue-association.com](http://www.neebingfirerescue-association.com) then click the DONATE HERE button and then the Donate Now button that will take you to the information page where you can complete the donation form. Receipts will be issued for donations of \$20.00 and over.

Please see the latest NFRA graphic for the updated, Fill the Fire Hose,

**campaign results.**

**Hosanna Fire Protection Services**

Henry Hosanna of Hosanna Fire Protection Services passed away in July. Henry was a long time supporter of NFRA always giving us donations for our various fund raiser and helping with Fire Demonstrations at the Tailgate Sales. We will miss his generosity and support and send condolences to the family at this time. NFRA has presented a plaque to the family thanking him for his contributions over the past years.

**Other events**

We raised over \$300.00 from the Pop Can Cleanups, NFRA members completed over the past two months. You can now again drop off your cans at the two Landfill Sites and we will continue to do the sorting when necessary. This is an ongoing revenue source and we appreciate your support on this. Kris Ligate continues to manage this project and works hard to collect the many bags of cans and store at his farm. Thanks to Kris for his dedication and hard work on this.

We are evaluating events as things begin to open up in the Province. However, at this time we do not foresee anything happening yet in the next few months. We will keep you

posted.

We may look at an on-line draw in the future.

**Enjoy the activities we have provided for your entertainment here.**

**Summer safety quizzes for Kids**

Search under "Kids Summer Safety Quiz"

-Quiz- Summer Safety - Today's Parent

-Ultimate Child Safety Quiz/How things work

**NFRA Summer Safety Word Search** (included later)

**Keep safe and thanks for your continued support for NFRA and Neebing Emergency Services (NES).**

Cheers

**Help us ...**

**NFRA**  
Neebing Fire/Rescue Association

**FILL THE FIRE HOSE** \$47,000

Progress bar: \$15,000 to \$40,000

**ITEMS TO PURCHASE:**

|                         |            |  |                 |
|-------------------------|------------|--|-----------------|
| Back Up Camera          | \$ 2,500 ✓ | Automatic Tire Chains                      | \$ 3,000 ✓      |
| Booster Reel            | \$ 3,000 ✓ | Folding Access Ladder                      | \$ 3,500 ✓      |
| Hard Hosebed Covers     | \$ 8,000 ✓ | Generator and automatic electric cord reel | \$12,000 ✓      |
| Deck Gun-remote control | \$15,000 ✓ | <b>TOTAL</b>                               | <b>\$47,000</b> |

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NFRA Summer Safety word Search

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 P U U U P V Y Z I Y B V T U F T S L G W  
 W N S N R D W A T E M L E H F M T S U F  
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 B L E C F Q R M F O W G A F W Z I I M V  
 L A R R D B S H Y O U W S V D U D L P R  
 E S T E N G M A S J Z T D X S V K P M A  
 P S U E N D R U W B D E A X M Z I L O D  
 A E H N B P K H Y G H K P G K S T A K I  
 L S Z Y S Z I L Q L W C E I N N X N Y O  
 L M Y G D S Z Q T O R A E K W Y O O K M  
 E A U Y T R V J Z M Q J N B S E U M H J  
 R B H L J H A U Z O R E K Q K B T Q N Q  
 B H E Y S D F T G Z I F V C E M N J K H  
 M H O Y Q G S U I M D I K F F I J E H F  
 U J A R K O L P W O H L I Y R J C E N B  
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 N A L L F L Y O I Y K I R L A A B N H O

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**Gordon Cuthbertson, Councillor at Large,**  
Councilatlarge@neebing.org 708-7548 (C)

**Mark Thibert, Ward 1 (Blake)**  
Blake@neebing.org 939-2720 (R)

**Brian Wright, Ward 2 (Crooks)**  
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**Curtis Coulson, Ward 3 (Pardee)**  
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Pearson@neebing.org 577-1963 (R)

**Brian Kurikka, Ward 5 (Scoble)**  
Scoble@neebing.org 633-3735 (C)  
R-Residence C-Cell



## Chix in the Stix Ode to Toads

by Cindy Harasen

Dear 2020. I would like my money back. Or at least some sort of a refund or rebate. Maybe a few gift certificates or freebies for next year. And maybe some for my friends too. It might take the sting off of everything we are living through. Oh, and I'd like to keep the toads!

Okay, let me back up a bit. The good news is that the raging stress-induced eczema patch that started on my shoulder back in March is now gone. The bad news is that it just moved to a new location. There is now a new patch uniquely positioned right over my heart. Which seems quite fitting since as a big-time empath my heart is enduring an overwhelming wave of emotions these past few months. One of the things that causes me the most emotional distress is thinking about people sitting in their homes watching or listening to endless news cycles and being bombarded with more sorrow and grief and fear and outrage than any normal person is supposed to process. I think the negativity itself can become almost addictive and people don't really realize how unhealthy it is and so they let themselves continue to be immersed in it day in and day out. I sense their pain and need to remind myself often to observe but not absorb. Something I could use more practice at.

And then this happened. My daughter created a lovely garden right outside our front window. It's a paradise for small critters with lots of rocks and alcoves and hiding places. Perfect for toads. And as they say – if you build it they will come. And they did. Into the garden. And into the house through a very tiny opening at the base of the back door. They were as cute as a button and there were a number of days where you had to watch where you stepped. One even visited me in the bathroom at 3:00 am and was escorted back outside. It didn't bother me. I wasn't annoyed. In fact I was overjoyed to the point of tears. Yup, I cried over toads. It was probably a build up of things, saved up from weeks of stress. Stress and sadness at being isolated and missing people and places

and things and processing all the new rules and guidelines and constant changes. There was just something about those tiny innocent toads that brought it on. They had no clue what a pandemic was. They just knew there was a perfect garden and a warm house and lots of tiny friends and they could hardly contain their joy. I was moved and inspired by their simplicity and their ability to live in the moment. It flooded me with happiness and gratitude to be here in the country, near the forest, near the ponds and marshes, hills and valleys. Because I really think that living here is going to help keep us all grounded and sane this year. The chores of daily country living will keep us moving and busy. There is firewood to split, gardens to weed and harvest, canning and preserving. This is the great stuff of LIFE and the stuff that will continue to remind us what is most important.

So hang in there folks. Even if you don't have toads in your house. It's going to be okay. We are all still here! Keep going. Keep caring for yourself, your family, your home, your pets. Even on the days you don't feel like it. Because somehow when one of us keeps going it helps keep the rest of us going. When I see you in your yard caring for your lawn, or walking your dog, or hanging your laundry on the line – it motivates me to keep going too! And praise the Lord for the farmers who are the epitome of dedication and hard work. Your commitment to your daily tasks in the face of so many things out of your control is my touchstone. And thank you to my readers. For keeping me accountable too. Because on the bad days I like to have routine and deadlines and responsibilities to keep me going. And you give me that.

And thank you to the toads. You reminded me that it is okay to cry. That even during a pandemic LIFE carries on and that there are a million little things still happening to marvel at and make us smile. Country living for the win!

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## Rural Family Centre

**The Centre is closed until  
further notice.**

We hope everyone is doing well  
and staying healthy.

We look forward to seeing you  
when our EarlyON programs  
begin again !

Keep updated and connected to  
us on Facebook or call 935-3009  
or Email ruralfrc@tbaytel.net

Use physical distancing  
and hand washing to stay safe.

**Play, sing, laugh and we  
will see you soon!**



Child and Family Centre





# Hymers Fair News

by Shannon Dodd-Smith

As the summer days flow like the Kam river, don't forget about the super-cool weekly Hymers Fair online exhibit challenges! This month

features a challenge that is more than just simple fun...it's for charity!

Since these are hard times for

some, we would like to give back to the community by having a charitable challenge (see August 15, below). **August 1st - Show us your handiwork.** Whether it's needlework, woodwork or metalwork, show us what those hands can do!

**August 8th - Dogs are not our whole life, but they make our lives whole.** Send us a picture of your furry friends!

**August 15th - Charity Begins at Home.** Send us pictures of your homemade donations: baking, canning, items from your garden, homemade blankets, sweaters, hats, or mitts. We will arrange pick up and delivery. For homemade baking, please place items in the freezer. Do-

nations will be received by the Rural Cupboard Food Bank.

**August 22nd-I want to be like a sunflower; so that even on the darkest days I will stand tall and find the sunlight.** Send us photos of sunflowers or any special flower in your garden and ALWAYS stand tall to find the sunlight in every day.

**August 29th - What's in Your Garden?** Send us photos of your garden, vegetables or fruits of your labour;)

Good Luck and I will be watching for YOUR entry! Go to <https://hymersfair.com/> for more info. Remember to send your entry to [exhibits@hymersfair.com](mailto:exhibits@hymersfair.com) by 5pm the following Saturday.

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## The Rural Pharmacist: Hot Weather Can Bring Out Cold Sores

by Devon Myers, Pharmacist/Owner of Kakabeka and Rosslyn Pharmacies

We've been spoiled a bit this summer with such beautiful weather. However, there's one thing that comes to mind when we're stuck in blistering heat. Did you catch the foreshadowing? UV exposure from too much sun can trigger an episode of cold sores. Cold sores are probably more common than you think. In fact, up to 20-40% of the adult population experiences recurrent episodes. So, why don't we take a look into some of the ways that we can help prevent a recurrence this summer and what we can do if a cold sore shows up uninvited.


Some of the common stressors that can precipitate recurrences include emotional stress, fever, hormonal factors, hyperthermia and UV exposure. Protecting your skin and lips from sun exposure can reduce the frequency of flare ups. A sunscreen with an SPF of

30 or higher should be applied to the lips and face 30 minutes prior to exposure. It's also not a bad idea to wear lip balm with an indicated SPF. However, this doesn't just go for summer weather. Think back to the last time you went skiing or ice fishing. There's probably a time when you wished you had sunscreen and some lip balm!

But what if you're unlucky and you wake up one morning with a surprise visitor? Well, unfortunately there are no products that can completely get rid of the virus that causes cold sores. However, there are certain products that can help reduce the severity and duration of a flare. Medications such as Abreva which, you can purchase over-the-counter, are intended to do just that. Prescription medications are also available if referred by a physician or nurse practitioner. These tend to be more effective than the over-the-counter products but it does require a visit with your prescriber. Either way, each medication works better when it is started as soon as possible. And I mean immediately. For the best outcomes therapy should be started within 24 hours of symptom onset.

In addition to the medications that are available for the virus itself, there are other products we can use to help with the symptoms of a cold sore. Pain, swelling and itchiness tend to accompany a flare. Tylenol and Advil are two good options for helping deal with the pain and swelling. These can be continued while the sore is present and are generally well tolerated. Topical anesthetics such as lidocaine or benzocaine can also be used to help reduce local pain. Sometimes simply using a cold compress can help reduce pain and itching too.

At the end of the day, a little extra help can go a long way to help reduce the burden of a flare up. Many readers probably already have some of the drugs mentioned above in their medicine cabinet. Hopefully this article doesn't jinx anyone and you won't have to reference any of the tips included. However, if you have any questions, as always, please feel free to contact Henry, Ray or myself.



## 55 Plus Group Chat Line

**What is it?**

A call in telephone-based older adult service to join in on fun activities, educational and health and wellness program information. A calendar will be provided to you with the dates and times of scheduled activities.

**You can participate if you:**



- Live in the township of Conmee, Murillo, Oliver Paipoonge, Neebing, Shuniah, O'Connor, Gilles or Fort William First Nation.
- Are 55 and older and find it difficult to leave home, access community centres and services or experience loneliness.

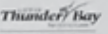
**What Are The Benefits?**

Create friendships and a community from the comfort of your home. Scheduled time so you know when you can chat. There will be a variety of weekly activities to participate in all or choose those that interest you.

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Ministry of Agriculture, Food and Rural Affairs  
Thunder Bay District  
by Thora Carlidge

AgAnnex Media -  
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Recorded Monday, July 27, 2020

Hear local dairy farmer and OFA V-P Peggy Brekveld's podcast interview as one of 6 Influential Women in Canadian Agriculture named by ag business media publisher AgAnnex.

Go to: <https://www.agwomen.ca/>

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**Agriculture Canada  
- Emergency Processing Fund**

The Emergency Processing Fund announced by the federal government on May 5 offers food processors up to \$5 million (on a cost shares basis) to help enhance worker health and safety and for domestic food processing.

The fund is available for eligible projects, for example, activities associated with: adjustments made, as a result of COVID-19, to existing plants to implement added public health protocols capacity to process surplus animals as a result of COVID-19 at processing facilities

improvements or modernization of food processing or manufacturing facilities to manage surplus stock; increase production; or that are operating at less than full capacity or closed

Eligible activities can be retroactive to March 15, 2020 and must be completed by September 30, 2020.

For the full list of eligible projects and how to apply, go to:  
<http://www.agr.gc.ca/eng/agricultural-programs-and-services/emergency-processing-fund/?id=1591291974693>

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**A Message From Your Diabetes Nurse:  
Coping During COVID & Finding the Positives**

**Be Kind to Your Mind**

Tips to keep mentally healthy during COVID-19

1. **PAUSE.** Breathe. Reflect
2. **KEEP** to a healthy routine
3. **CONNECT** with others
4. **BE KIND** to yourself and others
5. **REACH OUT** for help if you need it (WHO, 2020).

Please keep your social distance.



The COVID-19 pandemic has created many challenges and increased stress among everyone. Social isolation has left many folks struggling and sometimes we might not be aware that someone is struggling. I would encourage everyone to check in on their own mental health and reflect on "how you are coping". If you have chronic conditions and have been struggling to manage your health during this pandemic, know that you do not have to face the challenges alone—reach out for assistance.

Although I miss meeting with everyone in person, I am available for telephone appointments to help individuals better manage their diabetes and chronic illnesses. We are learning that telephone appointments are beneficial to helping people manage their diabetes. Please feel free to contact myself if you require any support while we are absent from the communities due to COVID 19.

I can be reached at 626-7857 (please leave your name and a number to reach you at and I will return your call).

Cheryl Schultz, RN BScN  
Diabetes Mobile

**COVID-19 Related Financial Benefits:  
Find out if you are eligible**

There are many financial benefits to support Canadians through the COVID-19 pandemic. It can be difficult to know which ones you are eligible to receive. Please reach out to one of your community health workers for support navigating the financial assistance available. You can also find out about COVID-19 related financial benefits at <https://financialreliefnav.prospercanada.org/benefits-you-can-get>.

**Canada Safety Council Home Alone Program**

We will be holding a virtual **Canada Safety Council Home Alone Program** via Zoom this summer. This **free** course for children 10+ years of age will cover the necessary skills and knowledge for your child to be safe and responsible at home for short periods of time. Please review the Canada Safety Council Home Alone Webpage for further information: <https://canadasafetycouncil.org/product/home-alone-program/>

We only have 10 spaces available for this summer session, please call **Shaun @ 626-7863** to register no later than **July 13<sup>th</sup>**.

Every One Matters.

**NEEBING NEWS NOW DELIVERED TO YOUR MAILBOX (unless you have NO FLYERS posted) Deadline for the SEPTEMBER issue of The Neebing News is AUGUST 20!**

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TOPS Meetings Cancelled  
Rural 60 Plus Closed  
Kakabeka Legion Cancelled - check website  
Thunder Bay Therapeutic Riding Pancake Breakfast





**MOBILE HEALTH SERVICES**

**A Letter From Your Mobile Providers**

As you know, our ability to provide Mobile Team visits have changed dramatically during the COVID-19 Pandemic. Our clinics rely on so many moving pieces; this makes it extremely difficult to predict when we are going to be able to get back into our communities.

We want you to know that, even though we are not available in-person, the whole team is still available to you! Our community health nurses, dietitians, nurse practitioners and community health workers are still available to help you manage your chronic diseases (like high blood pressure, diabetes or mental health concerns), and as always, we can help you with any other concerns that may come up from time-to-time, like injuries, pain or rashes.

You may have received a letter from us if you are due for lab work or screening tests, and we are working on a plan to help those who have trouble getting to Lifelabs. Keep your eye out for further communication, or call the clinic if you have any questions.

We are offering appointments by phone, and even video if you have access to reliable internet with a webcam. We also have limited ability to book face-to-face visits at the Simpson Street Clinic.

To book an appointment, contact Shaun (626-7863) or Naomi (626-7879).

On behalf of your health care team, we look forward to "seeing" you soon!

Richard, Allison and Shawn

Our Walk-In Clinic is now operating as a Call-in Clinic.



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- Financial concerns
- Accessing food
- Housing issues
- Concerns or questions about COVID-19
- Navigating the current community situation
- Mental health supports
- Advocating on your behalf

Please contact one of our mobile community health workers if you would like some support during this time:

Shaun at 807-626-7863 or Naomi at 807-626-7879

NorWest CHCs Main Site is located at 525 Simpson St. Thunder Bay, ON P7C 3J6

Call us at 807.622.8235

Or toll free at 1.866.357.5454

Check us out online!

[www.norwestchc.org](http://www.norwestchc.org)



[www.facebook.com/NorWestCHC](https://www.facebook.com/NorWestCHC)

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To create a safe social circle, follow these 5 simple steps:

1. Start with your current circle: the people you live with or who regularly come into your household.
2. If your current circle is under 10 people, you can add members to your circle, including another household, family members or friends.
3. Get agreement from everyone that they will join the circle.
4. Keep your social circle safe. Maintain physical distancing with anyone outside of your circle.
5. Be true to your social circle. No one should be a part of more than one circle.

For more information, visit: <https://www.ontario.ca/page/create-social-circle-during-covid-19>



You can only be a part of one social circle. Circles can include up to 10 people.

Helpful Contact Information:

Rural Cupboard Foodbank: 807-285-0836

Community & Social Services: call 2-1-1

Senior Safety Line: 1-866-299-1011

Crisis Response: 807-346-8282 / 1-888-269-3100

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**Barb McEwen, Sales Rep.**

Cell 807-626-3860 Ph. 344-3232 Fax 344-5400

**SEPTIC SYSTEMS INSTALLS:**

**Allens Enterprises Services Inc.**

Licensed Septic Systems Installer  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net) / [www.dig1.ca](http://www.dig1.ca)  
Office: 626-6267 Director: 626-6857

**Pete's Backhoe Service Ltd.**

52 Haniak Rd, Rosslyn  
Ph 939-1014, Email [office@petesbackhoe.com](mailto:office@petesbackhoe.com)  
Licenced Septic Installer- Peter Haniak

**SEPTIC TANK CLEANING:**

**A-1 Sewage Services (1989) Ltd.**

519 Pole Line Rd. Rosslyn P7K 0S6  
Ph. 473-9480 Fax 473-9099

**TIRE SHOP**

**Pro-Tec Tire Centre**

3129 West Arthur Street, Husky Truck Stop  
Tire Shop: 939-2581 Office: 939-2572 Fax 939-1171

**TRAVEL**

**Travel Professionals International**

**Amanda Gordon - Travel Consultant**

Direct line 807-708-5342, [amandag@tpi.ca](mailto:amandag@tpi.ca)  
Ph 905-896-6948 TICO# 1576226  
1131 Nottinghill Gate, suite 203, Oakville, ON L6M1K5

**TRUCK,CAR STOP & RESTAURANT**

**Santorelli's 24 Hr. Husky Truck Stop**

3131 West Arthur Street (near Twin City Crossroads)  
Gas Bar:939-2619/Fax:939-2060/Office:939-2572

**WATER TREATMENT**

Authorized Purifier dealer for N.W.O.,  
Water treatment specialists

**Brad's Water Treatment 577-0462**

**WELL SERVICES/PUMPS**

**Allens Enterprises Services Inc.-Essential**

Dug Well Tech / Installation - All Pumps  
[dig1@tbaytel.net](mailto:dig1@tbaytel.net) / [www.dig1.ca](http://www.dig1.ca)  
Office: 626-6267 Director: 626-6857

**Kershaw Well Services**

350 Blindline Road, Rosslyn, ON P7K 0R7  
Phone 939-2166 Fax 939-2167



THE DISTRICT OF THUNDER BAY SOCIAL SERVICES ADMINISTRATION BOARD

**MEDIA RELEASE**

**TBDSSAB Promoting Ontario Renovates Funding for Homeowners**

**July 9, 2020** –The District of Thunder Bay Social Services Administration Board (TBDSSAB) has funds available under the Ontario Renovates program, in the form of forgivable loans, for low- and middle-income families, individuals or seniors to fix up their home.

"Ontario Renovates is part of the Ontario Priorities Housing Initiative that is made possible by funding from the Ontario Ministry of Municipal Affairs and Housing. The renovation program helps low-income families make vital repairs and modifications that they may otherwise be unable to do," says Bill Bradica, Chief Administrative Officer. " TBDSSAB still has funding available for this year and people are encouraged to apply."

According to Ken Ranta, Director - Integrated Social Services, "Eligible client groups for Ontario Renovates include low to moderate income homeowners residing in the District of Thunder Bay. Some seniors, who may have equity in their home but not sufficient income, may not be able to undertake necessary repairs. Without this type of funding they would likely have to enter into a reverse mortgage or sell the home and move into an apartment. Ontario Renovates allows them to stay safely in their home. The types of repairs and modifications that qualify for the program include roofing and exterior envelope repairs, removal of old oil tanks and replacement of furnaces, insulation and weatherproofing, as well as accessibility modifications like adding entrance ramps, bathroom renovations and making the home walker or wheelchair accessible."

To apply to the Ontario Renovates Program please visit the TBDSSAB website and click the following link to download the application: [Ontario Renovates Application](#). Application forms are also available at TBDSSAB's main site at 231 May Street South, Thunder Bay or at TBDSSAB satellite office locations.

Call TBDSSAB's main line at 807-766-2111 or toll-free at 877-281-2958 for more information.

For media information contact: [media@tbdssab.ca](mailto:media@tbdssab.ca) or 807-766-4219

**FREE CLASSIFIED ADS FOR NEEBING RESIDENTS**

Got an event happening? Want to wish someone a happy birthday or anniversary? Having a yard sale? 50 words or less. Events must be taking place in Neebing. No commercial submissions please. Send Info to [designhouse@tbaytel.net](mailto:designhouse@tbaytel.net) or call 628-7271





Please practice fire safety and reduce our risk of forest fires. Visit the MNR website for Northwest Region fire zone information.

## 2020 Neebing Burning Permit

Fire Permits are required for all open air burning in Neebing from April 1st to October 31st. Permits are issued for the burning of clean non-noxious material including paper, wood, limbs, leaves, needles, branches, grass, stumps and clean combustible wood products. Complete the on-line form to obtain a 2020 Neebing Burning Permit. Permits are also available at A.J's Trading Post and Green Acre Variety.

Please note that all permits become suspended if a FIRE BAN or RESTRICTED FIRE ZONE is declared for the Municipality of Neebing. When the Fire Ban or Restricted Fire Zone is lifted, all permits are reinstated and there is no need to reapply.



**The Junction**  
in Rosslyn

For those in urgent need of food or seasonal clothing.

To our rural community, if you or someone you know has an emergency need for food or clothing we are here to help. Regular store hours have currently been suspended but items are available by appointment for pick-up. We have a pantry of non-perishable food items and personal hygiene products and a small selection of clothing items (including winter outer-wear). Care packages to assist singles, seniors and families in need in the coming weeks are available by request.

Contact us by phone at 475-5140  
or by email at [slateriverbaptistchurch2@gmail.com](mailto:slateriverbaptistchurch2@gmail.com)  
or message us via our Facebook page [@thejunctioninrosslyn](https://www.facebook.com/thejunctioninrosslyn).



**Two  
CONVENIENT LOCATIONS!**

**ROSSLYN PHARMACY**  
939-2007 202 Hwy 130

**KAKABEKA FALLS PHARMACY**  
577-2435  
4781 Hwy 11/17

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• **Curbside  
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- Call 888-930-6571

Thanks for  
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ENGINEERS, SAFETY EXPERTS.  
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At the Nuclear Waste Management Organization, we're responsible for Canada's plan for the safe, long-term management of used nuclear fuel.

Canada's plan involves safely containing and isolating used nuclear fuel in an area with suitable geology and informed, willing hosts.

Every day, we are conscious of our duty to be accountable to Canadians – this includes taking action to address the challenges associated with COVID-19 and to contribute to community well-being in the areas where we live, work and engage.

**>> Dig deeper, learn more | [nwmocanada](http://nwmocanada.com)**

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or Anniversary To  
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**THE GILLIES  
COMMUNITY CENTRE  
CLOSURE CONTINUES** 


The GCC continues to be closed during the COVID-19 global pandemic. All upcoming events & rentals have been cancelled until the safety measures put in place by the government have been lifted.

**WASH YOUR HANDS OFTEN.  
STAY HOME &  
CALL TO CHECK ON NEIGHBOURS.**

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EVERYTHING YOU NEED  
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707-7000** **176 Clavet Street  
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